

Monday, May 5, 2025

## Safety and Health Week - Day 1: Health and Safety-Related Training

*Welcome to Safety and Health Week! All week long, Occupational Health and Safety Services will be posting health and safety information in the Communiqué. Keep an eye on these posts, as there will be a chance to win prizes at the end of the week.*

Let's imagine that it's your first day on the job. On your first day, you're introduced to Sam. Sam shares a story of how she was preparing for an important meeting when she noticed water leaking through the roof. Since she had completed her employee safety awareness training, she knew right away who to report the issue to. She also identified nearby electrical appliances that could be safely shut off and alerted colleagues so that no one was harmed. As a result, everyone was safe, and the issue was resolved before lunch.

As you listen, you realize that health and safety training isn't just a formality but is vital for a strong safety culture. All employees must take Humber's Health and Safety Awareness training, and supervisors are additionally required to take Humber's Supervisor Health and Safety Awareness training.

In certain roles, job-specific training courses may also be required. If you're curious about Humber's health and safety training courses, visit Occupational [Training Programs](#) page on our website. The following are some examples:

- **Do you spend most of your time at a desk?** Check out our comprehensive [Office Ergonomics Training Resources](#).
- **Working with chemicals?** You need to complete Workplace Hazardous Materials Information System (WHMIS) training.
- **Do you often move or handle objects (e.g. carts, boxes)?** Manual Materials Handling Training can teach you techniques and strategies that help prevent musculoskeletal injuries.
- **Want to use ladders?** You'll need Ladder Safety Training.

If you have any questions about training or are required to complete job-specific safety training, please email [healthandsafety@humber.ca](mailto:healthandsafety@humber.ca).